

# PCOS 101

Polycystic Ovarian Syndrome (PCOS) describes the combination of symptoms experienced by a woman who has high levels of androgens (like testosterone & DHEA) along with metabolic dysfunction (poor blood sugar regulation & insulin resistance). It is not completely understood what causes PCOS, making it difficult to address the root cause. Contributing factors include stress, HPA-axis imbalance, environmental endocrine disrupters, gut dysbiosis, and a diet high in sugar & processed foods. Each woman will have a unique situation, symptoms, and solutions, but a clear way to manage this hormonal imbalance is to focus on healthy blood sugar balance.

## SYMPTOMS

- excessive androgens
- thinning hair
- facial hair
- acne
- weight gain or obesity
- irregular or absent periods
- cysts on ovaries (seen with ultrasound)
- infertility or difficulty conceiving

*Ovaries hold unfertilized eggs and produce most of the sex hormones: estrogen, progesterone, and testosterone. A cyst forms when the egg is NOT released each month as it is supposed to.*

## SUPPORT HORMONE BALANCE

- **BALANCE BLOOD SUGAR**  
*support healthy blood sugar levels and insulin sensitivity by eating regular meals, reducing added sugar, and focusing on healthy fats, protein & fiber*
- **MOVE YOUR BODY**  
*movement is one of the best ways to improve insulin sensitivity, which promotes a healthy weight*
- **ELIMINATE DAIRY**  
*dairy products can exacerbate acne and promote weight gain*
- **SUPPLEMENTAL NUTRIENTS**  
*myo-inositol, magnesium glycinate, zinc, vitamin D3 & K2, berberine, metformin (pharmaceutical), B12*

*Many girls & women are prescribed birth control pills to manage undesirable symptoms. However, rather than addressing the root issue, these artificial hormones often make the imbalance worse long-term because they suppress natural ovulation.*

*Some women benefit from intermittent fasting OR a low-carb diet (if their body can handle it).*